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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Now's the Time to be Thrifty with Fats" - Information from the Bureau of Human Nutrition and Home Economics, U.S. Department of Agriculture

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As you know...the world needs fats and oils desperately in its fight against famine. Fats and oils for food, and fats and oils for soap to fight disease.

So you are urged to keep on saving fats and oils just as you have saved them through the war years. Buy only the fats and oils you need. Use fat-saving recipes. Make use of every possible ounce of "used" fats that you can. Use the bacon drippings and other fats of good flavor for seasoning. Be thrifty with table fat. And turn in any fat that you can not use at home to your butcher or grocer.

Food specialists of the U.S. Department of Agriculture have worked out a recipe for making a fat-saving salad dressing that is good on spring greens. It calls for only one tablespoon of table fat and you may- if you wish--use mild-flavored drippings instead of the table fat.

The recipe calls for the usual ingredients...eggs, vinegar, milk, fat, sugar, salt, mustard, celery seed and paprika. Now let's put down the amounts. One or two eggs (or if you have three or four egg yolks left over from other cooking... use them in the place of whole eggs).. Three tablespoons of vinegar. A third of a cup of milk. A tablespoon of table fat or drippings. Half teaspoon of salt. Half teaspoon of sugar. Half teaspoon of mustard. An eighth teaspoon of celery seed and a dash of paprika, if you wish them.

Beat the eggs and vinegar until you have a smooth mixture. Then add the milk and table fat. Then add the seasoning. Cook the salad dressing over hot water. Stir it constantly until the mixture is about as thick as heavy cream. Then pour it in a container...cover it...and store the dressing in the refrigerator until you're ready to try it out on a salad.

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